



The **FOUR GOALS** of **MYOFUNCTIONAL** **THERAPY**

DID YOU KNOW THAT AN OPEN MOUTH IS A SIGN OF BIGGER UNDERLYING HEALTH ISSUES?



An open mouth posture with a low resting tongue is more than just a bad habit. Mouth breathing in children leads to problems with facial growth and development, and adults who mouth breathe are more likely to snore and develop sleep apnea.

People who are tongue-tied often mouth breathe, so they also experience a variety of myofunctional problems and symptoms. Chronic jaw pain and headaches, clenching and grinding, along with dental and orthodontic issues are quite common in people who have tongue-ties.

DID YOU KNOW THAT YOUR BRACES WON'T BE AS EFFECTIVE IF MOUTH BREATHING IS NOT ADDRESSED?

MYOFUNCTIONAL THERAPY PROGRAMS FOCUS ON:

1. NASAL BREATHING

Breathing through the nose is the way we're meant to breathe! It filters, warms and adds moisture to the air. Healthy nitric oxide is also released into the body when we breathe through the nose.

2. PROPER LIP SEAL

Our lips should rest naturally and comfortably together. When your mouth is closed, you sleep better at night and have a lower risk for getting tooth decay and gum disease.

3. TONGUE POSTURE

The tongue is meant to fill up the entire roof of the mouth. When it does, it provides an internal support structure for the upper jaw. If your tongue is in the right place, your teeth will grow in straighter and your face will develop properly. The tongue plays an amazing role in our facial appearance.

4. SWALLOWING PATTERN

If your tongue pushes forward when you swallow, you have a tongue thrust swallowing pattern. This makes you more likely to swallow small amounts of air when you eat and drink, and you may experience digestive issues such as acid reflux, stomach pain, gas, and bloating.

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